

News from the Wyoming Department of Health

Monday, February 1, 2010

More Worksite Wellness Workshops Planned for Wyoming

Wyoming employers are invited to participate in additional workshops being offered around the state to help them move forward in worksite health promotion.

Sponsored by the Wyoming Department of Health, upcoming workshops are planned for Evanston on February 9, Rock Spring on February 10, and Jackson on February 11. The new sessions follow workshops held in November and December in eight Wyoming communities.

“A solid health and wellness strategy is a sound investment for any organization,” said Dave Ivester, Heart Disease and Stroke Prevention Program manager with the Wyoming Department of Health. “Dividends include more job satisfaction among employees and potential healthcare savings down the line.”

Workshop leaders will help attendees create a plan of action, define customized evaluation steps, walk away with support from peers and leading professionals and develop a well workplace checklist. Each session will be about three hours. The \$20 cost covers lunch and a take-home resources toolkit. Workshops will be limited to 30 participants; pre-registration is required.

To offer the workshop series and follow up support, the department is partnering with TwoMedicine Health and Financial Fitness, a worksite preventive health strategies firm serving organizations across the western United States.

“The workshops are only the beginning,” Ivester said. Upon attendance and completion of a workshop employers may engage in individual support from TwoMedicine’s professional wellness staff in accordance to the collaboration with the Wyoming Department of Health.

For more information or to pre-register, contact Barbara Gledhill at TwoMedicine Health and Financial Fitness at 1-888-582-9002.

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